

Post Office Box 425
Tampa, Florida

(anatomy)



Lectures

MRS RILLA BINKS

8766 LOOKOUT MT. RD.

HOLLYWOOD CALIF.



Beloved Neophyte:

Tonight I shall proceed to explain some of the very first steps in the application of the Life Essence, sometimes erroneously called Personal Magnetism, in the correcting of diseased conditions. Right at this point let me say that the Neophyte should be the first to call a regular Physician in cases of acute and serious illness. The Brotherhood does not advocate the elimination of Medicine, nor the doing away with the trained services of experts. The Medical World as a whole, is, however, relying less and less upon Medicine, and concentrating more and more upon rest, diet, and trained care, letting Nature do most of the restoring to Health, helping her, not hindering her.

The elements taken into the System from the food you eat and the liquids you drink are of a Negative Polarity, as they are of and from the Earth, earthly and material, and the Earth is the huge Reservoir of the Life Stream having a Negative Polarity. So, these Elements constitute the source of supply for the body's Negative Essence; these Elements absorbed into the blood stream proceed in the red blood-corpuscles to the heart, thence to the lungs where the cells receive the Positive Essence from the air you breathe. They are then highly charged, each tiny cell being in fact a Magnetic Storage Battery and they proceed thru the System, giving off this Force in the building and maintaining of the body, until, finally, fully discharged, now Negative in Polarity, they proceed again to the lungs for the new supply of Positive Energy. Thus your Breathing Exercises and the use of your Mind and Will in aiding the Natural Processes have given the blood-stream additional quantities of Positive and Negative Essence. The red blood cells charged to their highest capacity have been able to give greater Power to every Organ and every part of the Body, vitalizing them and stimulating them to a greater extent than usual, thus aiding the cell groups to correct inharmony or disease wherever it may have existed. The surplus, the supply of Life-Essence, whether Negative or Positive in Polarity, escapes thru the Radial Nerves as I stated before.

The Essence separates according to its Polarity, the Negative Polarity escaping thru the left Radial Nerve, while the Positive Polarity escapes thru the right Radial Nerve. So make a note that you are to use the right hand for Positive treatments, and the left for Negative Treatments. The Mystic, reasoning backwards from effect to cause, reasons that all disease makes its appearance in the body of Man thru a lack of Balance between the Positive and Negative Supply of the Essence in the body. This in turn has its inception in the Mind of Man affecting his Psychic Body first, before it is objectively apparent in the Physical Body. The Mind of Man, his Material, Objective Mind, allows him to do so many things he should not, and fails to make him do so many things he should, that you may safely say that Disease has its origin in the Mind. The statement is even more apparent when you consider the thoughts and emotions of this Mind, the gross misinformation it has, all of which it impresses upon the Subconscious Mind which is guiding the body's functions. The confusion thus set up is impressed upon the Psychic Body and Disease becomes apparent in the Physical. You can realize this more readily; perhaps, if you consider the immediate effect of fright or fear, how it affects the blood supply, paralyzes motion, and while only a thought, perhaps, with only an imaginary danger at that, produces Physical change at once.

So the treatment work thus falls into several classes. First, the system as a whole, or some part in particular must have its balance restored, the missing quantity of negative or positive essence added. Second, the mind must be restored to proper thinking, cleansed of the unhealthy destructive thoughts it has been holding, and constructive positive thoughts put in their place. Third the body itself, must be cleansed, inside, as well as out, and rid of all its accumulated impurities, and Fourth, the body must be given a pure wholesome food supply.

Most of these things should go without saying, but I am more impressed with the necessity of repeating the effects of Mind. You have been taught the first principles of right thinking in your very first communication. It would seem that your mind, occupied with wholesome, invigorating, optimistic, creative thoughts, as outlined in that lesson, would instinctively avoid over eating, or under eating. That it would naturally avoid the wrong kind of foods for the work that body and mind have to do. That it would, as a matter of course, see that the body is kept clean inside, as well as outside. And that it would automatically avoid excess in any and everything. Thus your foundation work should have been done, and if you did not grasp this from that lesson, study it over now. Sit down for awhile and confess to yourself the errors you are making, and correct them. When treating others, look well to these fundamental factors, they are present in part or whole in all cases.

However, I must not go too deeply into these different factors, at this time, I wish to sketch over in a general outline the work of your mind and body and the treatments to be given both, and then we will add to this skeleton framework with complete detail as we go on. For a positive treatment proceed as follows: First take several deep full breaths, holding the air in the lungs as long as possible, extracting and filling the body to overflowing with the Life Essence. Then place the ball of the right forefinger or the thumb, or both, over the part of the body to be treated, firmly but not too tightly pressing against the skin. After establishing this finger contact with the skin, take a long full breath, hold the air as long as possible without discomfort, then exhale slowly, repeating the syllable "Ra" as you did in your fifth communication work. Draw the sound out as long as the breath exhales. You may say the word softly, out loud, or if not convenient to do that, mentalize; or say the word mentally, exactly the same as if you were vocalizing the sound. As you exhale and repeat the sound, picture in your mind the flow of the current down the right arm and out the finger tips. Do this so vividly that you can feel and almost see the current passing out the tips of the thumb and forefinger. After you have taken and exhaled the breath as stated, continue to breathe naturally for perhaps two minutes, still keeping the contact with the thumb or finger. During this period, continue also to visualize the flow of the positive Life Essence. Do not wonder if it is, or if you are doing the work right, keep your mind positive, that you are doing it correctly, that the essence is flowing, that it is being guided to the right spot, etc. Faith is never more required than right here. In such work, the slightest doubt or fear or mental confusion will retard the out-flow of this subtle manifestation of the Supreme Power.

As an experiment for you to practice until our next communication you may try the following: Place the ball of the fore-

finger of the right hand firmly on the eyelid of the left eye, over the ball of the eye, and the thumb of the same hand on the right eye-lid, over the eyeball, press lightly but firmly. Take your deep breath, exhale with the intoned syllable as directed, and continue to hold the finger and thumb tips in place for two or three minutes. Turn your face away from the light, towards a darker side of the room. Perhaps you will need, at first, to have the room dark. After a moment or so you should begin to see a violet or blueish glow, apparently on the inside of the eyelids. This is the stimulated aura from your finger tips. Then you should see small sparks and perhaps very fine lines of light or fire across the eyes. This is the Life Essence flowing in from your finger tips. This is, of course, psychic sight, not physical sight. Tho you apparently see these manifestations with your eyes against the eyelids, yet it is really being registered by the pineal gland and the high vibrations cut down to the rate which the brain centers can receive. It will not matter if in this experiment or in your treatment work, if you repeat the long breath and the syllable more than once. It would be a good idea when you are first commencing the study of treatments to repeat the long breath twice or even three times and also the sound of "RA" during the two minutes or so of the treatment application, this repetition may extend the time of the treatment to three or even four minutes but that will do no harm and will, in fact, make up for your inexperience.

Next week I shall devote considerable time to treatment details, giving you the negative applications, diagnosis and some at least of the work with the sympathetic ganglia.

If, after the experiment I have just given you with the eyes, you should find, when you open them, after you have finished, that everything seems blurred, or in other words that they are out of focus, do not be alarmed, this is usually the case and after a few moments rest they will adjust themselves. This is very effective in strengthening the eyes and will do them a great deal of good. If you continue the practice regularly, you will find, if you are wearing glasses, that they no longer fit you, and in fact, that shortly you should be able to lay them aside entirely.

Be very careful with the treatment work not to discuss it with outsiders. If there is some one very close to you whom you wish to help, you may work with them after the next two lectures have given you more of the facts, telling them only some little thing without going into detail. The laws of most states are very strict and do not allow unlicensed practitioners to treat.

This lesson then ends the second lunar period, and you should now report to me the results and happenings of the past four weeks. You should have seen some changes in general conditions from your mental affirmations. They will be slight, as you have not yet gotten into the positive phase of this work. But no matter how slight, they should be very encouraging to you. Write me fully about any of the communications in which there is any point not clear to you, especially this preliminary treatment work.

This is the second Lunar Period of four weeks and you will find the Alms Envelope enclosed for your offering, sending it as before.

In the Bonds of the Eternal Brotherhood,

Sri Dayananda, S. C.